

Kapasen Aninnis Ren Nimenimen Nii me Neaw Ren Mi Pwopwo

kkei ekkoch kapasen aninnis ren aninnisin nimechun me pechokunen nium me newomw nupwen omw pwopowo. Kutta pekin aninnisin tumunun nii me neaw, feeri angangen tumunun nimechun me pechokkunen nii me neaw, menge sakkun menge mi echuu nonnomun pechuken inis, me feeri sakkopaaten nikinik mine epwe anisi pechukom me pechokunen noumw iwe menukon. Omw mang ne feeri tumunun osukosukan niumw me newomw mi tongeni esenipaato watten osukosuk epwe kuuk me noumw iwe menukon (awewe chok, ika e wor niumw mi ngaw a paikin, mi tongeni an epwe choufetan paikinin ngeni unusen inisumw.)

Kutta Pekin Aninnisin Tumunun Nii me Neaw

- Omw tumunechu nimenimen newomw mi auchea ngnuk me noumw iwe menukon. Sakkonon nikinikin inisum atun omw pwopwo mi tongeni epwe pwan feeri an apwen niumw epwe pwo ika metek iwe mi pwan tongeni cha. Ei sakkun semmwen itan *gingivitis* (an pwo, metek, ika cha apwen nii). Ika pwe ei semmwen gingivitis ese safei, iwe mi tongeni an epwe winiti ew watteen semmwenin apwen nii. Ei semmwen mi tongeni fori an epwe tununo nii.
- Pekin aninnisin tumunun nii me neaw, pachenong angangen X-ray ika sasing, safeen metek, sefeen aunun, ese wor efeiengawer non fansoun pwopwo.
- Angei aninnisin tumunun nii me neaw, ussun met mi auraur seni chon angangen tumunun nii me neaw, me mwen ewe fansoun neuneuno.
- Ika a nu seni 6 maram omw piin churi chon angangen pekin nii ika mi fen pwan wor omw osukosuk ren niumw me newomw, kepwe muttir feeri omw apoinmen omw kopwe churi chon angangen pekin nii.
- Ereni chon ewe nenien angangen pekin nii pwe en mi pwopwo me pwan inet fansoun kopwe neuneu. Omw esinesin ngenir epwe anisi ekkewe chon angangen pekin nii ar repwe aniseochuk.

Feeri Angangen Tumunun Nimechun Me Pechokunen Nii me Neaw

- Pirosei niumw fan ruu non ew ran, aea tutpeis mi or fluoride non. Siwini omw piros iteiten 3 ngeni



4 maram, ika fen muttir seni ei ika pwe a pechach mesan. Kesapw aea ngeni emon piros. Nimeti nefinen niumw omw kopwe chuuri ika aea ekkewe nimenimen nii.

- Kukkuu ekkewe minen nimenimen neaw mi wor flouride non nge ese wor arukor.
- Murin menge, nunu appach mi wor xylitol non ika pwan nunu ika menge mettoch mi wor xylitol non ussun mint minne mi anisi an epwe akukkunano ekkewe menun mi ngaw mi angawa nii.
- Ika ke mmus, nimeti awomw ngeni ew tispun peiking sota (baking soda) non ew kapen konik an epwe eppeti acid ete angawa niumw.

Menge Menge Mi Echu Ngeni Inisum

- Menge sakkopaten menge mi eoch, usun foun ira; cheen ira; menge mi masoni whole grain ren sirien (cereal), pinewa, ika kraker (crackers); me ekkewe sakkun chenun aupwun kow ren minik, chiis, cottage chiis, ika yogurt ese wor suke non. Futuk, iik, chuko, sokun, mame (beans), me nuts ir mi pwan eoch.

- Akukunu omw menge ekkewe menge mi watte suke non ren kanti (candy), kukis, keik, foun ira mi appwas, me akukunu omw un minen un mi watte suke non ren chus (juice), minen un mi nennen feun ira, ika pwan softiring (soda).
- Ren menge kisikiis (snack) ren nefinen fansoun menge, fini menge mi kukkun suke non ren foun ira, cheen ira, chiis, me yogurt ese wor suke non.
- Omw kopwe sine kefin eochun menge mi kukkun suke non, kepwe anneaa makken nukun en menge (food labels).
- Ika mi kan toruk eningaw, satuni ne menge ekkewe menge mi eoch epwe chok kukkun ukuukun non unusen ewe raan.
- Un konik ika minik ar repwe siwini chus, minen un mi nennen feun ira, are softiring (soda).
- Un konik unuseen ran, akkaewin nefinen omw menge me omw menge kisikiis (snak). Un konik mi wor fluoride non (ekkewe mi kan wor an community) ika, ke saani konik non bottle, un ekkewe mi or fluoride non.
- An epwe kisino an epwe or osukosuken terin ewe menukon an upwutiw, kopwe un ukuukun 600 micro-grams ren folic acid iteiten ran non omw pwopwo. Un ekkewe safeen aninnisin inis (dietary supplements) ren folic acid me menge sakkun menge mi watte folate me mi wor folic acid non. Ekkei sakkun menge mi pachenong
 - Asparakus, prokli, cheen iraan menge mi onuen fetin, ren nappwa me spinech
 - Legumes (sakkopaten mame, peas, lentils)
 - Kippwau, kurukur, strawberries, merong, me uuch
 - Menge ren grain mi masoni folic acid (pinawa, siriel, cornmeal, pinawa amas, pasta, rice mi pwech)

Pwan Feeri Sakkun Nikinik mi Anisi Eppeti Semmwen

- Fiti mwichen kaeo an mi pwopwo.
- Kauno ne un supwa ika angei tapako me drugs. Tumunu kesapw nom unukun chon un supwa.
- Kauno ne un sakau ika sakkopaten arukor.



Murin Om Neuneuno

- Sopweno ne tumunu nimechun non awomw murin omw neuneuno. Sopwosopwono ne angei pekin aninnisin tumunun nii me neaw, feeri nikinik ren nimenimen non aw, menge sakkun menge mi eoch, me feeri nikinik minne mi eochu ngeni pechokunen inis.
- Tumunu apwen niin me niin noum iwe menukon, amwengeeni noumw iwe menukon menge mi eoch (esapw wor me nukun an epwe chok aupw non esapw kukkun seni 4 maram, nge 6 maram mi fen eoch), me uwei noumw iwe menukon ngeni tokterin nii nupwen an 1 ierin.
- Ereni noun noum iwe menukon tokter epwe cheki non awen noumw iwe menukon (feeri angangen chek ika epwe wor osukosuken nii me neaw) poputa me non an 6 maraman, fengen me ar repwe atawei an ewe menukon epwe churi tokterin nii ren tumunun nii me neaw mi auchea me atapwanapwan.